

Taranaki Open Walks 2015

6 June 2015



Taranaki Open Walks 2015 – Bell Block

Many thanks to all the dedicated members of this Club who gave up their time to help organise this event; setup the course; help on the day from marshal to Judge to registration to time keep and water stop. Every one of you made this go off like clockwork and once again gave all competitors and supporters a good day out.

We had strong fields in all the categories with really good numbers from our Club going in front of the Judges. I have to practice what I preach and also once again entered the 15k. Once again we were witness to great technique, this time from Jared Free of Auckland; not quite an eye catching as Alana Barber at the Ekiden, but certainly showed what race walking is about. We were fortunate to have 3 Juniors compete for the Bird Cup, 12 year old Bradyn Popow from Palmerston North (showing amazing promise at 5m50s per K), then Laura and Emma Kehely from New Plymouth. There were a few red cards issued, but nobody got disqualified in any of the events.

What a fight we saw for 2nd, 3rd and 4th places in the men's RWNZ 15K championship between Eric, Peter Baillie and Harry. Each time you saw them they were in a different order. Eric showed his fighting qualities and held out a fast finishing Peter to take 2nd place. Harry was relegated to 4th, but by virtue of a great PB he took out the Hawera Cup, even though I personally did a PB by 5 seconds, I had to pass the cup on. Sherryn Hardy in her first outing over 15K took out second place in the RWNZ 15km championship, a fantastic effort.

The Trevor Suthon Cup was keenly fought over. Last year there had been a great battle between Tony and Jeff, with Tony beating Jeff by 6 seconds. This year the contest continued with Jeff prevailing by 7 seconds over Tony. This gave Jeff second place behind Philip Grimmett of Wellington for the Trevor Suthon Cup. It was fantastic to have Michael Lane racing again, Michael took out 3rd place.



One of the highlights of the day was the way Lorraine and Michelle walked. Both got their reward for the work they have been putting in doing reps on the Kaimata circuit. Lorraine did 1h11m36s for 3rd place in the Campbell cup and Michelle did her best race for many years taking out the Campbell cup with a time of 1h12m56s.

Eric was presented with his Life membership at the dinner on Saturday evening. After talking about his experiences around the world in various walking events he thanked Frances for all her support. Frances, in only the way Frances can coin a phrase, had the quote of the day – “I only do his washing”. Nothing more for me to add.

Taranaki Race Walking Club's annual Open walk was held on the outside track of the Cycle Park at Bell Block on Saturday. The hot mix surface is perfect for Race Walking and shows the versatility of the Cycle Park's facilities. The weather played it's part for some fast racing with just a gentle breeze for most of the race.

29 Race Walkers from Taranaki; Wellington Auckland and Palmerston North, were racing for a series of cups; as well as the Race Walking New Zealand (RWNZ) 15km Championship.

The Men's 15km Championship had 18 year old Jared Free (Auckland) and 19 year old Jonathon Lord (originally South Island, now based in Auckland) as clear favourites for the title. Free just one month previously had won both the 5,000 metres track walk and the 10km road walk in the Oceania Area Championships in Cairns. The 10km walk had been a PB for Free in 46m17s. Lord, although he was recovering from some minor injuries was capable of competing against Free. For the first 2 laps of the 1.25K circuit, Lord and Free were toe to toe. In the third lap Free pulled away as Lord showed obvious signs of discomfort and he eventually pulled out after 10K. Free stamped his class on the rest of the field lapping all the other competitor's at least once. Free's finishing time of 1h11m34s (4m46s per K) was the fastest time recorded in the RWNZ 15K Championship since this event started in 2008. There was a very keenly fought battle for second and third place between Eric Kemsley (Taranaki Race Walking Club), Harry Terwiel (TRWC) and Peter Baillie (Wellington Scottish). The placings between these walkers changed many times over the 12 laps. Kemsley found the strength to claim second in a time of 1h26m. Baillie finished third just 13 seconds adrift of Kemsley with a further 12 seconds to Terwiel. Terwiel's time of 1h26m25s was a PB and earned him the prestigious Hawera Cup which is awarded to the best performance against handicap over 15km.



In the women's RWNZ 15km Championship Terri Grimmett of Wellington Scottish had a gun to tape win in 1h38m16s. This was a very satisfying win for Grimmett, who had previously considered walking away from the sport after being disqualified on occasions for her technique. Sherryn Hardy (TRWC) in her very first time over the 15km distance took second place in 1h40m37s.

The Campbell Cup is awarded to the best female performance against handicap over 5 or 10km. Michelle Nicholson (TRWC), showed the benefits of her recent training regime winning the Campbell cup by 26 seconds over Vicky Jones (Egmont Athletics), with Lorraine Eldershaw in 3rd. The Trevor Suthon Cup is awarded to best performance against handicap for Men over 10km. Philip Grimmett of Wellington Scottish put in his best performance for many years winning the cup by 2 minutes over Jeff Wells (TRWC).

The final Cup to be raced for on handicap positions is the Bird Cup; this saw 3 Juniors line up over the 2.5K distance. Brady Popow from Palmerston Harriers, showed fantastic technique to win the Bird Cup in a time of 14m34s – an average per K time of 5m50s shows great promise for a 12 year old. Sisters Laura (12 years old) and Emma Kehely (11) of Egmont Athletics were second and third. Again both showed really excellent walking styles, Laura doing her 2.5K in 15m35s and Emma, in her first 2.5K race did 18m24s.

Open Walks Summary

Women 10K Campbell Cup – 1st M. Nicholson, 2nd V. Jones, 3rd L. Eldershaw

Fastest Time – B. Morrison – 1h9m51s

15K Hawera Cup – 1st H. Terwiel, 2nd P. Baillie, 3rd J. Free

10K Trevor Suthon Cup – 1st P. Grimmett, 2nd J. Wells, 3rd M. Lane

Fastest time – M. Nield – 1h0m45s

Bird Cup 2.5K – 1st B. Popow, 2nd L. Kehely, 3rd E. Kehely

RWNZ Mens 15km championship – 1st J. Free – 1h11m44s, 2nd E.

Kemsley – 1h26m; 3rd P. Baillie – 1h26m13s

RWNZ Womens 15km championship – 1st T. Grimmett – 1h38m16s, 2nd S. Hardy – 1h40m37s

Name	Handicap	Actual	Plus Handicap	
Women 5/10K - Campbell Cup				
Michelle Nicholson	0:03:30	1:12:56	1:16:26	10K
Vicky Jones	0:00:00	1:16:52	1:16:52	10K
Lorraine Eldershaw	0:05:35	1:11:36	1:17:11	10K
Sue Park	0:35:30	0:42:11	1:17:41	5K
Anne Fraser	0:05:45	1:13:35	1:19:20	10K
Helen Baverstock	0:06:45	1:12:48	1:19:33	10K
Barbara Morrison	0:10:15	1:09:51	1:20:06	10K
Daphne Jones	0:05:00	1:15:24	1:20:24	10K
Sherryn Wilson	0:11:40	DNF		10K
Marlene White	0:01:30	DNF		10K
Men/Women 15K - Hawera Cup				
Harry Terwiel	0:10:45	1:26:25	1:37:10	
Peter Baillie	0:12:30	1:26:13	1:38:43	
Jared Free	0:27:15	1:11:34	1:38:49	
Alan Clarke	0:00:00	1:39:53	1:39:53	
Eric Kemsley	0:14:15	1:26:00	1:40:15	
Terri Grimmett	0:03:10	1:38:16	1:41:26	
Sherryn Hardy	0:01:00	1:40:37	1:41:37	
Sean Lake	0:06:00	1:35:54	1:41:54	
David Sim	0:00:00	1:48:01	1:48:01	
Jonathon Lord	0:25:00	DNF		
Trevor Suthon Cup				
Philip Grimmett	0:04:15	1:06:34	1:10:49	10K
Jeff Wells	0:10:20	1:02:30	1:12:50	10K
Michael Lane	0:00:00	1:12:52	1:12:52	10K
Tony Burrell	0:10:20	1:02:37	1:12:57	10K
Rodney Thorne	0:10:20	1:03:12	1:13:32	10K
Mike Nield	0:14:00	1:00:45	1:14:45	10K
2.5km Bird Cup				
Bradyn Popow	0:02:15	0:14:34	0:16:49	
Laura Kehely	0:02:45	0:15:35	0:18:20	
Emma Kehely	0:00:00	0:18:24	0:18:24	

Race Walking Judges Summary Sheet

Competition:- Taranaki Race Walking Club Open Walk 6th June 2015 2.5/5/10/15K - Velodrome.

Name and Number	Judge one caution CG	Judge one red card	Judge two caution TC	Judge two red card	Judge three caution DL	Judge three red card	Judge four caution GH	Judge four red card	Judge five caution B'O	Judge five red card	Judge six caution	Judge six red card	Judge seven caution	Judge seven red card	Total cautions	Total Red Cards
37 B. Morrison	>	>	>		>	>	>								4	2
7 S. Hardy	>				>	>	>								3	1
4 H. Terwiel					>	>									1	1
38 H. Baverstock	>						>								2	
1 Jared Free	>				>		>								3	
6 T. Grimmett	>														1	
36 S. Park							>								1	
31 A. Fraser							>								1	
22 T. Burrell							>								1	
39 V. Jones							>								1	
35 D. Jones					>		>								2	
8 A. Clarke									>						1	
Totals of cautions & red cards	5	1	1	0	5	3	9		1	0					21	4

No Athletes disqualified

The judges were Graeme Harvie A, Brian O'Shea A, David Lonsdale A, Colin Gibbon A, Tanya Campbell B.

Notes:- Conducted in Bell Block on a 1.25km lap based at the Velodrome.

Chief Judge Colin Gibbon. Referee Alan Jones. Date 6th June 2015.